

May, 2011

Dear Sisters and Brothers,

At Areme Chapter No.124's Official Visit in early December, we heard from the founder of "Helping Hearts and Hands," an organization started by one woman over 30 years ago, that gives one-time assistance to individuals or families when it will help them attain self-sufficiency or keep them financially stable. That presentation got me to thinking. Although I'm only one person, I can make a difference even if it's one person at a time. It's like the saying, "How do you eat an elephant? One bite at a time." At several subsequent Official Visits, I shared some of the ways I have discovered that I can help organizations, often with little or no cost other than my time and some space around the house. Many people asked me to share that list. Here it is for your consideration:

- Medicine Bottles

Did you know you can donate clear (not solid white) medicine containers to no-kill shelters like MaxFund and humane societies like the Denver Dumb Friends League? These organizations use clean containers with labels removed to dispense medication for animals leaving those facilities. Less money spent on containers means more money available for providing much needed services plus the containers don't end up in the landfills. Another option is to contact your local VFW Chapter -- many collect medicine containers and fill them with foot powder for distribution at their local veterans' homes.

- Coupons

A group of New Mexico Eastern Star members take national brand coupons, even slightly expired ones, and send them to an organization in Iowa that distributes them to our servicemen and women and their

families to help with food expenses. Your cost – a dollar or two for postage.

Send trimmed, national brand coupons (not ones that can only be used at specific stores like Target, Krogers, etc.) to:

Pearl Dunigan  
8 Milargo Court  
Los Lunas, New Mexico 87031

- Pull-Top Tabs

Daughters of the Nile, an organization which is part of our Masonic Family, collects pull-top tabs and uses the money to help the Intermountain Shrine Hospital in Salt Lake City. Check with the Nile Temple closest to you to see if they collect tabs (El Mejdal Temple No. 47 in Denver is one Temple that does collect tabs).

- Knit/Crochet

Do you knit or crochet? Why not make a blanket for the Linus Project? This organization has local groups throughout the state and is always in need of blankets from baby-size up to blankets for teenagers and adults. Donations of new yarn are also appreciated. For information about a Linus Project chapter in your area check out:

<http://www.projectlinus.org/chapter.php?StateKey=CO#tgt>

- Cancelled Stamps

Still collecting cancelled stamps? There's an organization in Pennsylvania called "Stamp Camp USA" that takes cancelled stamps, the fronts of greeting cards, and craft supplies to teach children about stamp collecting.

Send your cancelled stamps, greeting card fronts, and craft supplies to:

Stamp Camp USA  
117 Court Street, Suite A  
Elkland, Pennsylvania 16920

If you're looking for something more local, the General Federated Women's Club/Colorado Federated Women's Club (GFWC/CFWC) in Center, Colorado, collects used stamps and sells them in bulk to stamp brokers with the money being used for various state projects – this year the money goes to the Colorado Division of Alzheimer's.

Send your cancelled stamps (with your Chapter name and number) to:

General Federated Women's Club  
c/o CJ Robinson  
7010 Lane 11 North  
Hooper, Colorado 81136

- Watches

Do you have a watch in your dresser drawer that you no longer wear but you hate to just throw away? There's an organization in Denver called "On Time For Recovery" that collects watches and batteries to give to the homeless. Watches, especially ones with alarms, help individuals keep appointments, be on time for work, and stick to schedules; all important steps in getting off the streets. For more information: <http://ontime4recovery.cwahi.net/>

- General Mills Boxtops for Educations and Campbell’s Labels for Education

Don’t forget to save those General Mills Boxtops for Education and Campbell’s Labels for Education – they seem to be on more and more products every day. Contact your local school to see if they collect boxtops and labels and start saving them.

- Calendars

Take the extra calendars you get in the mail from charitable organization to your local elementary school. Classrooms always need calendars and, if nothing else, they usually contain beautiful pictures that the teachers and students can use.

- Travel Size Lotions, Soap, and Shampoo

Take all those little bottles of shampoo and lotion and soap you’ve accumulated while traveling to the Excelsior Youth Center in Denver or to local homeless shelters.

- Empty “Waste” Items

Job’s Daughters Bethel #31 in Fountain, Colorado, collects a variety of “waste” items to raise money for the Bethel. They collect and recycle the following (with more products being added all the time):

- Empty Capri Sun drink pouches
- Used Paper Mate and Sharpie pens
- Nabisco and Keebler wrappers
- Cell phones (working or not) – any brand
- Mars, Wrigley, and Cadbury wrappers
- Trident, Dentyne, Stride, and Bubblicious wrappers

- Empty Frito Lay chip bags
- Colgate toothbrushes, tubes, and boxes
- Scotch tape dispensers, cores, and packaging
- Lunchables wrapper or box
- Bottle corks
- Country Crock, Promise, Brummel and Brown, and I Can't Believe It's Not Butter tubs

You can drop the items off at the Masonic Lodge in Fountain or contact Woody at (719) 232-8009 to arrange pick-up.

The possibilities are endless. I hope I've started your creative juices flowing as you look for opportunities in your community. The point is that each one of us, even if we don't have a lot of money, can make a difference in someone else's life.

Remember, to the world you might be one person, but to one person, you just might be the world.

Robin Terry  
Worthy Grand Matron